

Spot The Difference

How to wreck your diet without even noticing! These images of very similar meals reveal how adding extra 'healthy' foods such as olives, nut butter and avocado can DOUBLE the calorie count.

Spot The Difference



770cals



405cals

These bowls contain the same ingredients in different amounts.

Left: 180g untrimmed steak cooked in 1tsp oil. 2 cups Lettuce, 4 rings red onion, 50g avocado, 1 cup cooked rice noodles, 30g cucumber, 2 cherry tomatoes, 2 tsp sesame oil, 2 tsp lime juice, 1 tsp soy sauce.

Right: 100g trimmed steak, grilled. It has the same amount of lettuce, red onion and lime juice. However, there's half the avocado and rice noodles, 50g Cucumber, double the cherry Tomatoes, 1/2 a medium carrot and half the sesame oil

Spot the Difference



800cals



380cals

Throwing in that handful of extra pasta goes a long way to racking up more than 400 extra calories.

Left: 200g chicken cooked in 2 tsp extra virgin olive oil, 30g semi-trimmed bacon, 2 cups cooked pasta, 30g full fat cheddar, 2 large Florets Broccoli, 1 medium mushroom.

Right: 100g poached chicken, 1 cup cooked pasta, 1 tsp capers, 10g low fat cheddar, 1/4 large capsicum, 4 large florets broccoli, 2 medium mushrooms

Spot the Difference



995cals



535cals

Left: 1 cup pearl barley, 70g halloumi, 1/3 Zucchini, 2 florets of broccoli, 1/4 capsicum, 50g eggplant, three cherry tomatoes, 200g poached chicken, 1/2 cup herbs, dressing of 2tsp extra virgin olive oil and 2tsp Balsamic Vinegar.

Right: 1/2 cup cooked pearl barley, 35g halloumi, 2/3 Zucchini, 5 florets broccoli, 1/2 capsicum, 100g eggplant, 5 cherry tomatoes, 100g poached chicken, 1/2 cup herbs, dressing of 2 tsp balsamic vinegar and 2tsp seeded mustard

SPOT THE DIFFERENCE

@MeowMeix



392 calories

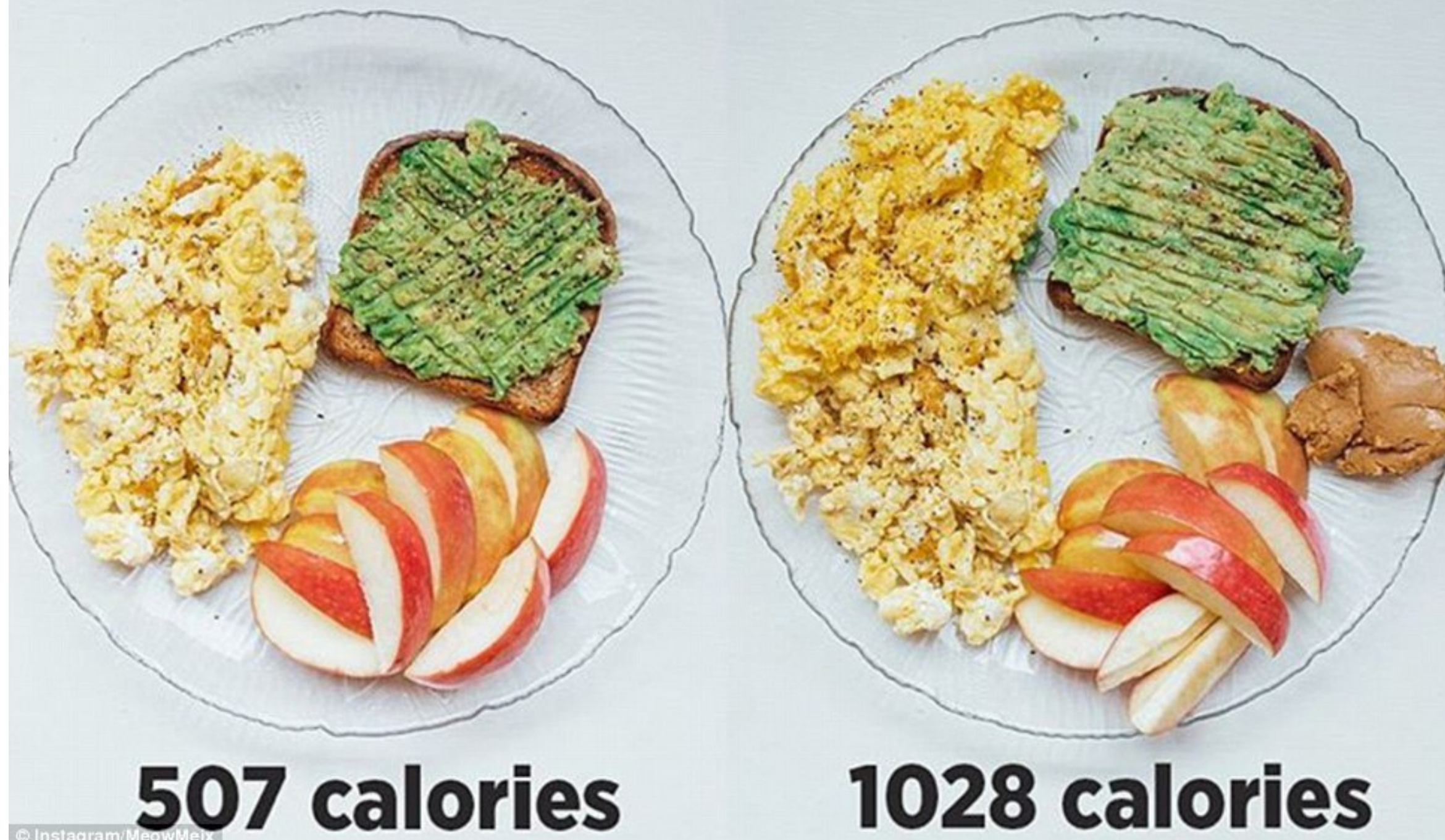
776 calories

© Instagram/MeowMeix

Left: This salad has a greater proportion of vegetables to black beans.

Meanwhile, the salad on the right has triple the hummus, an additional tablespoon of olive oil and additional 1/4 avocado

SPOT THE DIFFERENCE



Here's how a small tweak to your meal can almost double the calorie count.

Left: Two eggs and two egg whites scrambled, half an avocado on toast and one apple.

Right: Four eggs and two egg whites scrambled, one avocado on toast, one apple, two tablespoons of peanut butter

SPOT THE DIFFERENCE



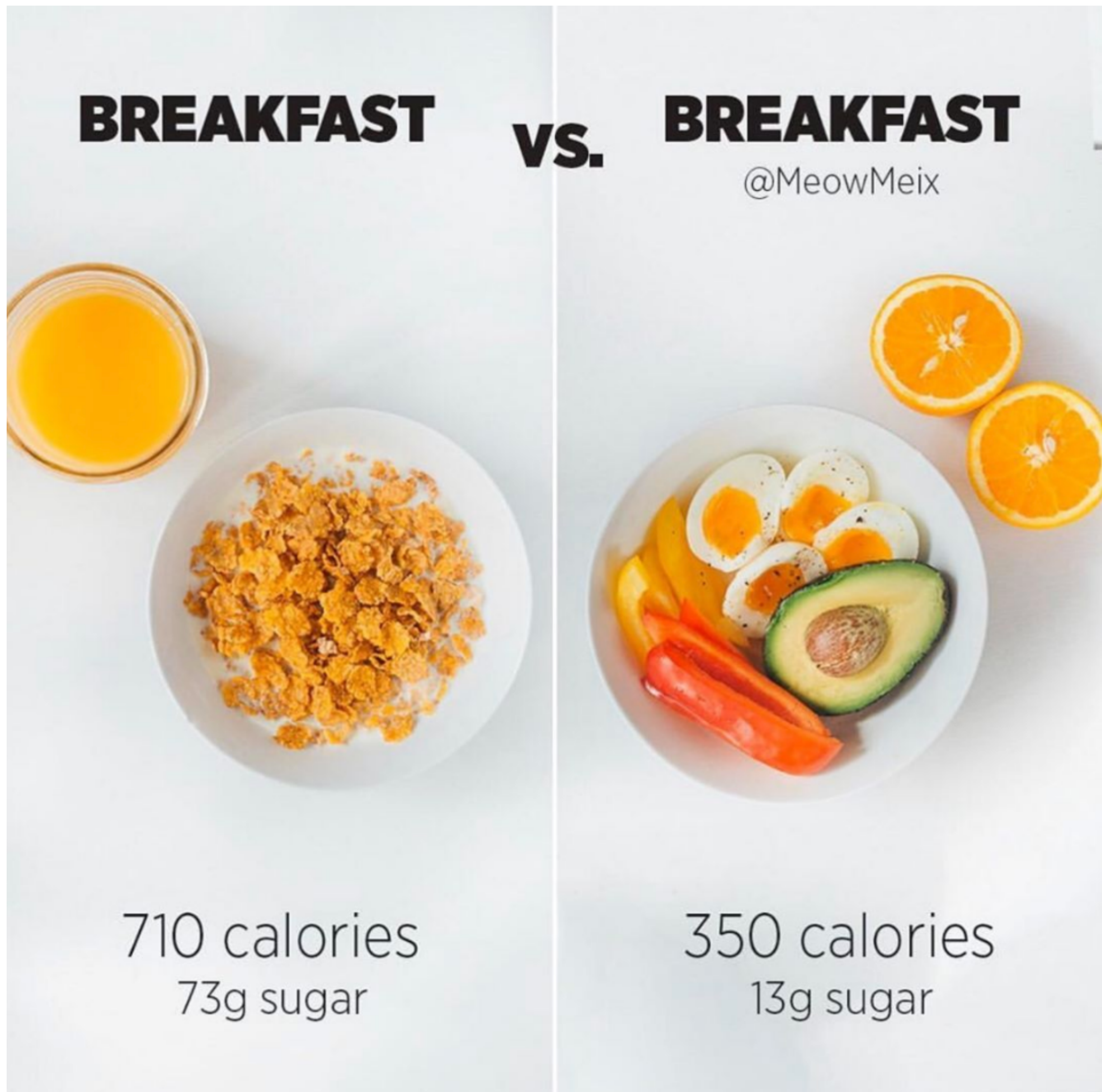
472 calories



899 calories

Left: 1 cup Greek yogurt, one teaspoon honey, 20g 85 per cent dark chocolate, one cup blueberries, 1/2 cup strawberries, 1/2 tbsp cashew butter.

Right: One cup 2 per cent Greek yogurt, one tbsp honey, 60g 85 per cent dark chocolate, 1/2 cup blueberries, 1/4 cup strawberries and 2 1/2 tbsp cashew butter



When it comes to fruit, eating whole fruit is a much better lower calorie and higher fiber option than fruit juice. While you could easily drink 11.5 oz of orange juice, you most likely would not eat 3.5 oranges in one sitting (the equivalent in calorie amount).

Left side: Two cups cereal, One cup milk, 11.5 oz orange juice

Right side: Two medium boiled eggs, Half avocado, One raw bell pepper, One small orange

Spot the difference

@movingdietitian



820 calories
71g protein/52g carbs



395 calories
40g protein/28g carbs

Steak although delicious can veggies very fat dense.

Left side: an 8oz ribeye with more potatoes avocado and dressing add lots of fat and carbs to this meal. ☹️☹️

Right side: 4oz sirloin steak with a small potato, heavy vegetables saves calories!



PB&J shake weight loss - 261 cals, 38g protein, 30g carbs, 4.5g fat.🍌🍌

PB&J shake muscle gain - 501 cals, 41g protein, 54g carbs, 18.5g fat.🍌

Spot the difference



900cals



600 cals

Left: 200g chicken breast cooked in 2tsp oil, 1 cup rice, 1/2 carrot, 1/2 cup lettuce, 1 cucumber, 6 cherry tomatoes, 1/2 avocado, 2 tsp pumpkin seeds



Right: 100g chicken breast cooked in 1tsp oil, 100g black beans, 1/2 cup rice, 1 carrot, 1 cup lettuce, 2 cucumber, 8 cherry tomatoes, 1/4 avocado, 1 tsp pumpkin seeds



Of course the one on the left is also ok especially if you have higher calorie requirements.



Morning coffee run

An entire day of eating

If you're not sure how to get started, here are some of my tips to start switching to a more unprocessed diet: ☺☺☺☺☺

(1) stop drinking your calories (aside from low sugar kombuchas & high quality protein shakes),

(2) make a habit of grocery shopping every week

(3) start a meal prep routine

(4) cook more dinners at home

(5) try remaking some of you favorite desserts from scratch in the kitchen with healthier ingredients

(6) read food labels and make sure you can understand what's even in the minimally processed foods you choose. ☺☺☺☺☺

Why do American eat 50 percent more calories than they realize?

Americans are underestimating their calorie intake by 50 percent – fueling obesity levels, it has emerged.

Men typically have 1,000 more calories every day than they account for, while women consumed about 800 more than they estimate.

The research also found that the more food American's consume, the less reliable their estimates are. Experts have suggested that people do not like to 'be taken for slob' and so end up lying to themselves about how much they actually eat.

Men consumed 3,119 calories a day despite claiming that they had only 2,065. The recommended intake for men is 2,000 a day.

Women claimed that they consumed an average of 1,570 calories a day – nearly 500 calories less than the recommended intake of 2,000 – but the real figure was in fact 2,393.

A third of children are obese or overweight by the time they leave elementary school. The figures suggest that the average person underestimates the number of calories they consume every day, fueling the epidemic.

For a survey, 4,500 adults were asked to keep track of their calorie consumption over four days. The scientists then looked at how much energy the body used in order to calculate the real number of calories consumed. The survey found that 34% of the participants claimed to be consuming less than physically required to stay alive. And the more overweight the people were, the less reliable the account was.

People lie and it's not surprising that they do when it comes to food. They wish not to be taken for slob, even though they may be just that.

Adults to limit breakfast to 400 calories and dinners and lunches to just 600 calories. The average recommended calorie consumption levels remain at 2,000 calories for men and 1,700 for women.

The average adult is eating 200 to 250 more calories every day than they should. However, the new data suggests that this could be largely underestimated.

The rise in obesity levels has been linked to larger portion sizes, changes in diet, junk food, takeaway meals and snacks.